



# Paradise Autumn Recreation



Welcome to Paradise! Due to its location on the slopes of Mount Rainier, Paradise often receives significant amounts of snow in autumn. Recreating in early season snow offers challenges and hazards unique to this time of year. Here is some information to help you get the most out of your visit. A map of the Paradise area is on the reverse side.

## Safety First!

The following information will help you prepare for hazardous conditions created by colder weather and early snowfall. Keep in mind that *there is limited cell phone coverage inside the park*.

- Hypothermia and frostbite are cold weather hazards which can lead to serious injury or death. If you are spending time outside, dress sensibly, drink lots of fluids, and take warm-up breaks indoors.
- You will need a reliable map and compass skills because snow-covered trails can be difficult to follow.
- Avoid crossing steep, snow-covered slopes where a fall could be disastrous. Turn around instead. Pinnacle Peak Trail and other higher trails often have hazardous slopes. Take an ice

axe if you know how to use it.

- Falling through thin snow bridges is a hazard anywhere streams are snow-covered. Stay alert for the muffled sound of running water.
- Falling into snow moats around trees, and adjacent to logs and rocks, can cause injury. Avoid getting too close.
- Avoid stepping on wet, slippery rocks, especially near rivers and waterfalls.
- Avoid stepping onto snow cornices. They may collapse under your weight.
- Beware of avalanche dangers!
- Before starting your hike, stop by a park visitor center for current trail conditions.
- Winter-like storms can hit Mount Rainier anytime of year with unpredictable and rapidly changing conditions. Obtain a current weather forecast and come prepared.

## Protect Your Park

Paradise meadows are fragile and can be damaged any time of year. To protect the meadows, it is essential that you hike only on constructed trails or on snow that is deep enough to protect the plants underneath.

In order to protect wildlife and visitors, pets

must be on a leash and are only allowed in parking areas. Do not take your pet on the trails or meadows.

Enjoy wildlife at a distance and keep human food properly stored. Do not feed wildlife, including birds. Pack out all litter.

## Sledding and Sliding

The Paradise Snowplay Area opens mid-December (or when snow depth is sufficient).

Sledding is not allowed anywhere in the park until sliding runs are constructed.

## Dangerous Terrain

Each person should carry and know how to use a beacon, probe, and shovel. Get daily avalanche forecasts at [www.NWAC.US](http://www.NWAC.US). Avalanches occur with frightening regularity in the Paradise area. Check the map on the back for known avalanche zones and consult with a ranger about current avalanche conditions.

Winter storms along the Muir Snowfield can produce hurricane force winds, blinding snow, and white out conditions. These conditions challenge even the best mountaineers. Carry the 10 Essentials. Give advance notice of your plans to a responsible person so they can contact rangers if you fail to return.

## Ten Essentials

- map of the area
- compass
- extra food & water
- first aid kit
- headlamp or flashlight, extra bulb & batteries
- sunglasses & sunscreen

- pocketknife
- extra clothing & rain gear
- emergency shelter
- matches in a waterproof container—for *emergency use only; fires are not allowed in Mount Rainier’s Wilderness*

## Skiing and Snowboarding

A minimum of 5 feet of snow is advised for skiing and snowboarding. Avoid damaging exposed vegetation. *Do not cross snow-free*

*areas*. Obtain further information at the Jackson Visitor Center at Paradise or the Longmire Museum.

## Do I Need a Camping Permit?

If you are camping in the Paradise area or backcountry, you need a wilderness permit. If you are traveling above Camps Muir or Schurman (i.e., above 10,000 feet) or on any glacier, you need a climbing permit.

Permits are available at the Longmire Museum and at the Jackson Visitor Center at Paradise. Wilderness permits are free; annual climbing passes are \$46 per person, per year, and \$32 per year for climbers 24 years old and younger.